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*with Style*

1400 Calorie Meal Plan on a  
Budget PDF

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Oatmeal with Raspberries	 Oatmeal with Raspberries	 0.5 Peanut Butter Banana Oat Smoothie	 Peanut Butter Banana Oat Smoothie	 0.5 Peanut Butter Banana Oat Smoothie	 Oatmeal with Raspberries	 Oatmeal with Raspberries
Snack 1	 Hard Boiled Eggs	 Apple	 Hard Boiled Eggs	 Apple	 0.5 Hard Boiled Eggs	 Apple	 0.5 Hard Boiled Eggs
Lunch	 Meal Prep Pasta & Meat Sauce	 Ground Beef, Broccoli & Rice	 0.5 Meal Prep Pasta & Meat Sauce	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes
Snack 2	 0.5 Apple with Peanut Butter	 Hard Boiled Eggs	 0.5 Apple with Peanut Butter	 0.5 Hard Boiled Eggs	 Apple with Peanut Butter	 Hard Boiled Eggs	 Apple with Peanut Butter
Dinner	 Ground Beef, Broccoli & Rice	 Slow Cooker Black Beans & Rice	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes	 Slow Cooker Black Beans & Rice	 Lentils, Rapini & Mashed Potatoes	 Slow Cooker Black Beans & Rice

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 30%	 19%	 26%	 19%	 23%	 13%	 19%
Carbs	 46%	 62%	 56%	 67%	 62%	 71%	 66%
Protein	 24%	 19%	 18%	 14%	 15%	 16%	 15%
Calories	1390	1418	1349	1452	1449	1319	1440
Fat	47g	31g	41g	32g	39g	20g	32g
Carbs	165g	226g	197g	254g	237g	241g	248g
Fiber	25g	28g	25g	37g	36g	38g	40g
Sugar	23g	28g	28g	45g	39g	30g	33g
Protein	84g	68g	61g	55g	57g	55g	57g
Cholesterol	520mg	446mg	409mg	186mg	186mg	372mg	186mg
Sodium	494mg	817mg	647mg	1504mg	1465mg	1495mg	1429mg
Vitamin A	1741IU	1516IU	1301IU	2480IU	2318IU	2445IU	2175IU
Vitamin C	110mg	112mg	21mg	52mg	47mg	58mg	58mg
Calcium	217mg	307mg	338mg	532mg	419mg	362mg	350mg
Iron	14mg	11mg	11mg	13mg	13mg	14mg	14mg

### Fruits

- 7 Apple
- 3 Banana
- 2 cups Raspberries

### Breakfast

- 1 cup All Natural Peanut Butter

### Seeds, Nuts & Spices

- 2 Bay Leaf
- 1 tbsp Cumin
- 2 2/3 tsps Sea Salt

### Vegetables

- 2 cups Broccoli
- 227 grams Rapini
- 4 Russet Potato
- 1 White Onion

### Boxed & Canned

- 1 1/2 cups Diced Tomatoes
- 2 cups Dry Black Beans
- 2 cups Green Lentils
- 3 1/2 cups Jasmine Rice
- 2 cups Whole Wheat Penne

### Baking

- 2 3/4 cups Oats

### Bread, Fish, Meat & Cheese

- 454 grams Extra Lean Ground Beef

### Condiments & Oils

- 2 tbsps Extra Virgin Olive Oil
- 1 cup Tomato Sauce

### Cold

- 10 Egg
- 1 1/2 cups Unsweetened Almond Milk

### Other

- 9 cups Water



## Oatmeal with Raspberries

1 serving  
10 minutes

### Ingredients

- 1 cup Water
- 1/2 cup Oats (quick or rolled)
- 1/2 cup Raspberries (fresh or frozen)

### Nutrition

Amount per serving	
Calories	185
Fat	3g
Carbs	35g
Fiber	8g
Sugar	3g
Protein	6g
Cholesterol	0mg
Sodium	8mg
Vitamin A	20IU
Vitamin C	16mg
Calcium	60mg
Iron	2mg

### Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with raspberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add cinnamon, vanilla extract and/or a pinch of salt.

**Additional Toppings:** Almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

**No Raspberries:** Top with blueberries, strawberries, peaches or bananas.

**No Stove Top:** Cook oats in the microwave instead.



## Peanut Butter Banana Oat Smoothie

1 serving

5 minutes

### Ingredients

- 1/4 cup Oats (quick or traditional)
- 2 tbsps All Natural Peanut Butter
- 1 Banana
- 1/2 cup Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	389
Fat	20g
Carbs	48g
Fiber	7g
Sugar	18g
Protein	12g
Cholesterol	0mg
Sodium	88mg
Vitamin A	325IU
Vitamin C	10mg
Calcium	258mg
Iron	2mg

### Directions

- 1 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

### Notes

**No Banana:** Sweeten with raw honey, maple syrup or a few soaked dates.

**No Peanut Butter:** Use any nut or seed butter.

**Storage:** Store in a mason jar with lid in the fridge up to 48 hours.

**More Protein:** Add hemp seeds or a scoop of protein powder.

**More Fibre:** Add ground flax seed.



## Hard Boiled Eggs

5 servings  
15 minutes

### Ingredients

10 Egg

### Nutrition

Amount per serving	
Calories	143
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	372mg
Sodium	142mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg

### Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

### Notes

**Leftovers:** Refrigerate in a covered container with the shell on for up to 7 days.

**Easier to Peel:** Add salt to the water while boiling.



## Apple

1 serving  
2 minutes

### Ingredients

1 Apple

### Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg

### Directions

- 1 Slice into wedges, or enjoy whole.





## Meal Prep Pasta & Meat Sauce

2 servings  
25 minutes

### Ingredients

- 2 cups Whole Wheat Penne (dry, uncooked)
- 227 grams Extra Lean Ground Beef
- 1 cup Tomato Sauce

### Nutrition

Amount per serving	
Calories	527
Fat	13g
Carbs	69g
Fiber	11g
Sugar	7g
Protein	33g
Cholesterol	74mg
Sodium	88mg
Vitamin A	549IU
Vitamin C	9mg
Calcium	31mg
Iron	6mg

### Directions

- 1 Cook the pasta according to the instructions on the package.
- 2 While the pasta cooks, heat a large skillet over medium heat. Add the beef and saute, breaking it up as it cooks. Once it is completely cooked through, pour the tomato sauce over top and mix well.
- 3 Divide the cooked pasta into containers and divide the meat sauce over top. Enjoy!

### Notes

- No Ground Beef:** Use any type of ground meat instead.
- Leftovers:** Keeps well in the fridge for 3 to 4 days. Freeze up to two months.
- Vegan & Vegetarian:** Use cooked lentils instead of ground meat.
- No Tomato Sauce:** Use canned crushed tomatoes instead.
- Gluten-Free:** Use a gluten-free pasta like chickpea, quinoa or rice.
- More Veggies:** Cook chopped vegetables into the sauce such as diced zucchini, mushrooms, bell peppers, eggplant, spinach or basil.



## Apple with Peanut Butter

1 serving  
3 minutes

### Ingredients

1 Apple  
2 tbsps All Natural Peanut Butter

### Nutrition

Amount per serving	
Calories	287
Fat	17g
Carbs	32g
Fiber	6g
Sugar	22g
Protein	8g
Cholesterol	0mg
Sodium	7mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	27mg
Iron	1mg

### Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

### Notes

**Keep it Fresh:** To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



## Ground Beef, Broccoli & Rice

2 servings  
30 minutes

### Ingredients

1/2 cup Jasmine Rice (dry, rinsed)  
2 cups Broccoli (chopped into florets)  
227 grams Extra Lean Ground Beef  
1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g
Cholesterol	74mg
Sodium	252mg
Vitamin A	583IU
Vitamin C	81mg
Calcium	56mg
Iron	3mg

### Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

### Notes

**No Jasmine Rice:** Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

**Leftovers:** Refrigerate in an airtight container up to 3 days.

**Serving Size:** One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



## Slow Cooker Black Beans & Rice

6 servings

6 hours

### Ingredients

- 2 cups Dry Black Beans (uncooked)
- 1 White Onion (diced)
- 1 1/2 cups Diced Tomatoes (fresh or canned)
- 1 tbsp Cumin
- 1 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil
- 5 cups Water
- 2 Bay Leaf (optional)
- 3 cups Jasmine Rice (dry)

### Nutrition

Amount per serving	
Calories	604
Fat	6g
Carbs	121g
Fiber	13g
Sugar	4g
Protein	21g
Cholesterol	0mg
Sodium	413mg
Vitamin A	275IU
Vitamin C	7mg
Calcium	124mg
Iron	4mg

### Directions

- 1 Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
- 2 Cook the rice according to the instructions on the package.
- 3 Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

### Notes

**Leftovers:** Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.

**Serving Size:** One serving is roughly 2 cups.

**More Toppings:** Add diced tomatoes, red onion, bell pepper, cilantro, mint, sour cream, or yogurt.



## Lentils, Rapini & Mashed Potatoes

4 servings  
25 minutes

### Ingredients

- 1 1/2 tps Sea Salt (divided)
- 4 Russet Potato (medium, peeled and chopped)
- 227 grams Rapini (chopped, divided)
- 2 cups Green Lentils (cooked, drained and rinsed)

### Nutrition

Amount per serving	
Calories	292
Fat	1g
Carbs	59g
Fiber	13g
Sugar	4g
Protein	15g
Cholesterol	0mg
Sodium	930mg
Vitamin A	1512IU
Vitamin C	27mg
Calcium	111mg
Iron	6mg

### Directions

- 1 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 2 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 3 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 4 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

### Notes

**Extra Creamy:** Mash the potatoes with coconut or almond milk for extra creaminess.

**No Rapini:** Use broccoli, broccolini or green beans instead.

**Less Bitter Rapini:** Sauté the rapini in your choice of oil and seasoning after boiling.

**Storage:** Refrigerate in an airtight container up to 3 to 4 days.

**Serving Size:** One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.